



## Caring for mind, body and spirit

**Integrating science and spirituality.** Prairiewoods' 2025 Spirituality in the 21st Century event featured Columbia researcher Dr. Lisa Miller, author of *The Awakened Brain*. Her groundbreaking work shows that developing our innate spiritual core powerfully protects against depression and despair. Partnering with MedQuarter, FSPA, and First Lutheran, we engaged 283 community participants.

**Healing Food.** Prairiewoods served 9,466 meals to our guests last year! This was a three percent increase over FY24 and forty-two percent more than the 6,651 meals we served in FY23. During this growing season hundreds of pounds of fresh produce from our own gardens have been incorporated into the seasonal menus.

**More retreats and more retreatants.** Prairiewoods offered 13 more retreats this past year. 409 people participated in Prairiewoods retreats in FY25. That is a 98% increase in the number of retreatants over FY23.

## Care for Creation

49 of the 67 acres of Prairiewoods land are protected in a Land Conservation Easement under the Iowa Natural Heritage Foundation. We are excited to report that due to the work of S. Nancy Hoffman and her FSPA colleagues that we have expanded that by one acre to include the land adjacent to Boyson Rd.

Foundresses felt strongly about protecting this section in perpetuity to avoid any potential developments.

## Serving people near and far...

Prairiewoods served individuals coming from 329 zip codes, three countries and twenty-eight states in FY25. 81% of the 1,827 people for whom we have addresses came from somewhere in Iowa. 51% come from the eastern Iowa Corridor including metro Cedar Rapids, the Iowa City area and everything in between. 38% of the people served call Metro Cedar Rapids home.

**9,466**

Meals served  
to guests

**73%**

Land protected  
by easement

**329**

Zip codes  
served



## Agrivoltaics Come to Prairiewoods

In April we started a vegetable garden under our oldest solar array thus taking on the practice of Agrivoltaics. This new land utilization practice will supplement our kitchen staff with different types of produce than what our permaculture food pantry garden currently provides.



We were able to grow a diverse group of vegetables, including pattypan squash, tromboncino squash, dragon tongue beans, celery, carrots, broccoli, cucumbers, ginger, peas, turnips, tomatoes, peppers, and a variety of greens, herbs and mushrooms.

## Financial Highlights

The number of active donors grew last year to 575. Thanks to their generosity, donations exceeded the goal by 10%. The number of sponsors also grew. This year sponsors for 'Spirituality in the 21st Century' helped to cover costs resulting in lower ticket prices and higher participation.

Holistic Services which includes massage, healing touch and reflexology exceeded forecast by 27% thanks to the addition of our new colleague Julio Vera, a licensed massage therapist.

Thanks to thirteen additional retreats and a successful 'Spirituality in the 21st Century' event, retreat income exceeded forecast by 33.5% last year.

Diverse new programs and the addition of a third Day of Self Renewal contributed to an 11% increase over forecast and a 25% increase over FY24.

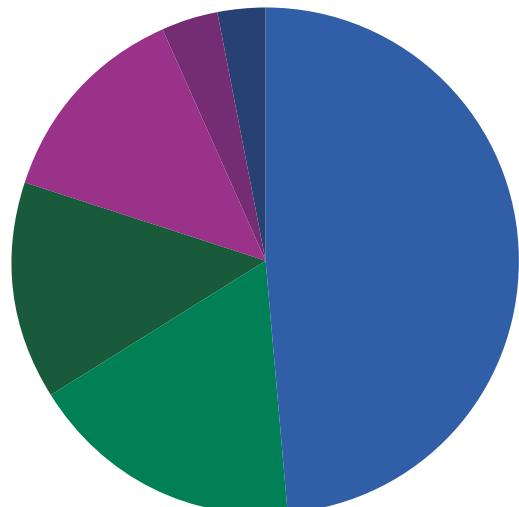
Check out the website for a list of donors and volunteers that made this exceptional year possible.  
[prairiewoods.org/support/gratitude-report/](http://prairiewoods.org/support/gratitude-report/)



## Amazing Team!

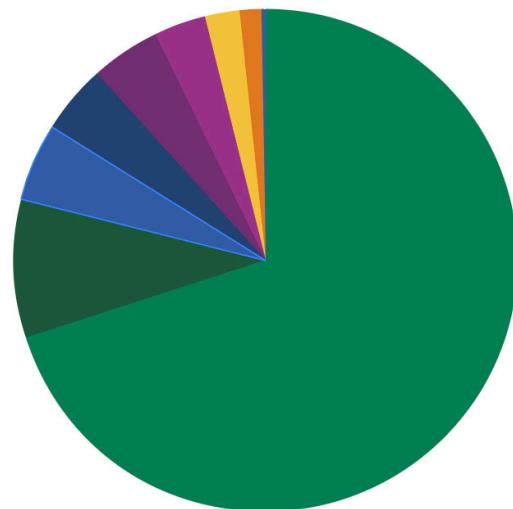
Check out the website here to get to know them better. [prairiewoods.org/about/our-people/](http://prairiewoods.org/about/our-people/)

## Financial Report



**Income: \$1,212,431**

- Subsidy & Interest: \$582,746
- Grants, Events & Donations: \$196,061
- Retreats & Programs: \$216,793
- Hosted Groups: \$131,759
- Spiritual & Holistic Services: \$55,785
- Gift Shop: \$29,287



**Expenses: \$1,212,431**

- Salaries & Benefits: \$856,134
- Facilities & Grounds: \$69,351
- Food: \$43,422
- Administration: \$136,166
- Marketing: \$24,987
- Retreats & Programs: \$45,050
- Gift Shop: \$17,628
- Grants & Restricted Expenses: \$16,108
- Spiritual & Holistic Services: \$3,585